



Community And Enrichment Center

WEEKLY NEWSLETTER
JUNE 11, 2021

ZESTY GREEK SALAD RECIPE

*is zesty salad is a
perfect way to
incorporate all the
seasonal flavors of
late summer!*

HEALTHY FOOD SWAPS FOR EVERYDAY

*From breakfast to
dinner, making
healthy food choices
is as easy as a few
simple swaps.*

TIPS FOR PLANTING TOMATOES IN POTS

*By following a few
simple tips you can
grow ripe, juicy
tomatoes on your
patio this summer.*

WHAT'S HAPPENING AROUND THE CITY

*Find out what's
happening at The
Community and
Enrichment Center.*



Zesty Greek Salad

This zesty salad is a perfect way to incorporate all the seasonal flavors of late summer!

The Ingredients

- ½ red onion, sliced in half rounds
- 1 red pepper, large diced
- 1 cucumber, seeded, chopped in ¼ inch slices
- ½ cup pitted Kalamata olives
- 5 oz. feta cheese, crumbled
- 1 carton cherry tomatoes, halved
- 1 tbsp. fresh lemon juice
- 3 tbsp. chopped fresh parsley
- 2 tsp. minced fresh garlic
- 1 tsp. dried oregano
- 1 tsp. Dijon mustard
- 1 tsp. Kosher salt
- ½ tsp. pepper
- ¼ cup red wine vinegar
- ½ EVOO

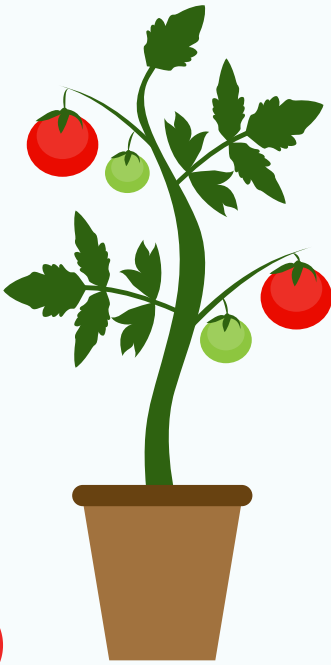
The Directions

- Prep the veggies by slicing the onion and cucumber, dicing the peppers and halving the cherry tomatoes.
- Put the vegetables in a large serving bowl and squeeze the lemon juice over them.
- Make the vinaigrette by whisking together in a small glass or ceramic bowl, the garlic, oregano, mustard, salt, pepper and red wine vinegar. Add the olive oil slowly and whisk vigorously.
- Add the diced feta cheese and olives to the vegetables. About 30 minutes before serving, add the dressing.

TIPS FOR GROWING TOMATOES IN POTS

1

Use Large Containers : or one plant, you need a container that is at least 1 square foot, but 2 square feet is better. Five-gallon buckets are the perfect size for one plant.



2

Plant Deeply: When planting a tomato seedling, remove the bottom few sets of leaves, and dig a hole deep enough so that most of the plant is buried in the planting hole.

3

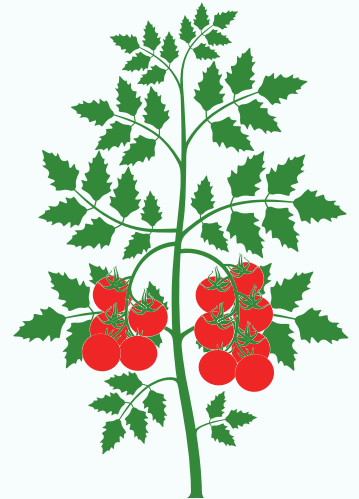
Feed Your Tomatoes: When they are planted in containers, tomatoes require feeding about every two weeks.

4

Water Soil Consistently : The soil should be moist but not soggy. Too much water could cause the plant's roots to rot.

5

Let The Sun Shine: Tomato plants require full sun which means at least 6 to 8 hours per day between the hours of 10 a.m. and 4 p.m.



SWAP THIS FOR THAT



HEALTHY SWAPS FOR EVERYDAY FOODS AND DRINKS

CHOOSE OATMEAL OVER SUGARY CEREAL

For a healthier morning, choose oatmeal over sugary cereals. Oatmeal is higher in fiber and protein and will help you feel full.

DRINK SPARKLING WATER OR TEA INSTEAD OF SODA

If you are used to drinking soda, consider trying infused sparkling water or sparkling teas to cut down on added sugars.

OPT FOR TEA OR COFFEE OVER ENERGY DRINKS

Energy drinks have hidden sugar and excessive caffeine. Try tea or coffee when you need a quick boost of energy.

TRY SLICED VEGGIES OR VEGGIE CHIPS INSTEAD OF CHIPS

Fresh veggies and baked veggie chips offer the same great crunch as chips without the added fat and salt. Roasted chickpeas are another great option.

CHOOSE WHOLE GRAIN INSTEAD OF WHITE BREAD

Eating whole grain bread is an excellent substitute for white bread and may increase the availability of certain nutrients that can affect your blood sugar.

BE FLEXIBLE

Although making healthy swaps for everyday foods is simple and delicious, it takes time to establish new habits. Moderation is key! It is okay ease your way into trying a few tasty alternatives.

What's Happening?



MEET AND EAT

Meet and Eat is Back! Every Tuesday, Wednesday and Friday at 12 noon.

For reservations, call 970-848-2038

TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!



YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website:

yuma.colibraries.org



HAVE IDEAS?

Are you interested in learning a new skill?
Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.

MEET AND EAT JUNE 2021

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for May 2021. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.



Contact Information:



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JUNE 2021 YUMA MEAL SITE

FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For Reservations Call 848-2038 by 8:00 a.m. the day you want the meal. If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.	BEEF GOULASH MIXED VEGETABLES ROLL CINNAMON APPLE SLICES BIRTHDAY RECOGNITION Calories: 622 Carb: 93.1g Fiber: 13.1g Protein: 36.4g Fat: 15.6g Sod: 800mg	SPANISH RICE w/ GROUND BEEF TOSSED SALAD w/ SALAD DRESSING ROLL PEACH SLICES BUTTERSCOTCH BROWNIE SENIOR MEETING Calories: 778 Carb: 106.2g Fiber: 9.9g Protein: 31.5g Fat: 27.8g Sod: 546mg		CHOICE: CHICKEN SALAD TUNA SALAD 3 BEAN SALAD FRENCH BREAD MANDARIN ORANGES / BANANAS CHERRY CAKE Calories: 603 Carb: 89.2g Fiber: 9.5g Protein: 29.9g Fat: 16.9g Sod: 905mg
Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$11.00	CABBAGE BURGERS COBBLER CORN BEAN MEDLEY SALAD BANANA SPLIT FRUIT CUP CHOCOLATE CAKE Calories: 736 Carb: 109.3g Fiber: 12.1g Protein: 31.0g Fat: 23.4g Sod: 418mg	BBQ BEEF SANDWICH BRUSSEL SPROUTS POTATO SALAD PEACH POLKA DOT SALAD NATURE COOKIE Calories: 717 Carb: 113.5g Fiber: 12.6g Protein: 35.8g Fat: 17.3g Sod: 929mg		SWEET and SOUR CHICKEN RICE ORIENTAL VEGETABLES WW ROLL FRUIT CUP Calories: 643 Carb: 99.0g Fiber: 9.9g Protein: 35.1g Fat: 12.4g Sod: 489mg
IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.	HAM POTATO OMELET COUNTRY MIX VEGETABLES ROLL FRUIT CUP COOKIE w/ RAISINS Calories: 754 Carb: 95.9g Fiber: 9.6g Protein: 32.9g Fat: 29.1g Sod: 811mg	CHOICE: CHICKEN PENNE CASSEROLE TUNA PENNE CASSEROLE CALIFORNIA VEGETABLES BRAN MUFFIN FRUIT SALAD CINNAMON CRISPIES BLOOD PRESSURE Calories: 659 Carb: 102.6g Fiber: 12.4g Protein: 32.1g Fat: 17.4g Sod: 665mg		SWEDISH MEATBALLS NOODLES FRITO SALAD ROLL MANDARIN ORANGES w/ BANANAS Calories: 789 Carb: 110.7g Fiber: 10.5g Protein: 38.8g Fat: 24.0g Sod: 554mg
	CHOICE: HAMBURGER STEAK LIVER & ONIONS SCALLOPED POTATOES STEWED TOMATOES WW ROLL APPLESAUCE Calories: 621 Carb: 89.5g Fiber: 10.2g Protein: 34.9g Fat: 15.8g Sod: 670mg	ROAST BEEF MASHED POTATOES & GRAVY LAYERED SALAD CALIFORNIA VEGETABLES ROLL TROPICAL FRUIT CUP COOKIE w/ RAISINS Calories: 687 Carb: 86.8g Fiber: 10.0g Protein: 37.3g Fat: 23.0g Sod: 961mg		SPRING GARDEN CHICKEN GREEN BEANS APPLE MUFFIN OREGON BERRY COMPOTE Calories: 645 Carb: 76.1g Fiber: 9.5g Protein: 40.0g Fat: 20.8g Sod: 906mg
Menu may change due to availability of food items or conditions that cause the kitchen to close.	CHICKEN A LA KING PERFECTION SALAD MIXED VEGETABLES BISCUITS PEACH SLICES OATMEAL BANANA RAISIN COOKIE Calories: 706 Carb: 100.2g Fiber: 10.4g Protein: 39.2g Fat: 19.6g Sod: 599mg	BEEF STROGANOFF w/ NOODLES LAYERED SALAD BROCCOLI WW ROLL BANANNA SPLIT FRUIT CUP Calories: 650 Carb: 90.4g Fiber: 10.8g Protein: 37.7g Fat: 17.8g Sod: 707mg		